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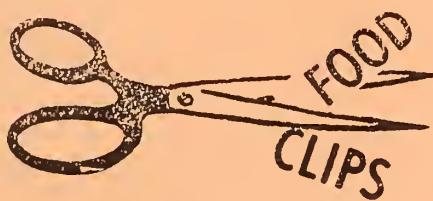
# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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Selecting eggs for "hard cooking"? Be sure to use clean, graded eggs that do not have broken or cracked shells. Look for the USDA grade shield on the carton.

\* \* \*

Only eggs packed in a plant which meets USDA's sanitary requirements may be certified for quality and be sold in a carton marked with the USDA grade shield.

\* \* \*

Honest! There is NO difference between white shell and brown shell eggs except the color of the shell -- which is determined by the breed of the laying hen, according to marketing specialist at the U.S. Department of Agriculture.

\* \* \*

Some buyers prefer white eggs if they are coloring or decorating the hard-cooked eggs for a special appearance... but, you can count on the sameness in the interior of the eggs.

\* \* \*

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## TRACE MINERALS

### — COPPER IN YOUR DIET

Little information on copper content in foods is available today, according to Dr. Leslie M. Klevay of USDA's Agricultural Research Service.

Yet, scientists feel that there are some unsettling questions on dietary copper that need to be answered.

Studies and experiments are now underway at the ARS Human Nutrition Laboratory in Grand Forks, North Dakota to help the scientific community more precisely to determine copper requirements for humans.

Findings from epidemiologic and clinical studies show that low amounts of dietary copper and an imbalance of zinc and copper may affect cholesterol levels in blood serum of humans, according to Dr. Klevay. On the other hand, too much copper could be toxic to humans, Dr. Klevay said.

Foods that are rich in copper content include nuts, seeds, and beef liver.

## THE COST OF MEATS AND MEAT ALTERNATES\*

The meat, poultry, and fish items in meals usually cost the most. However, the range in costs of different types and cuts of meats is great, so careful selection may result in worthwhile savings.

Estimated costs of 3-ounce servings of cooked lean from selected types and cuts of meat and of poultry and fish are shown in table 1. The economy-minded shopper can replace some of the meats ordinarily used with alternates such as eggs, dry beans and peas, and peanut butter. These foods provide protein and other nutrients for which meat, poultry, and fish are valued. Cheese can also be used.

One way to find good buys among meats and meat alternates is to compare the costs of amounts of them that provide equal protein. Table 2 shows the cost of amounts of some meats and alternates required to give 20 grams of protein -- one-third of the recommended allowance for a day for a 20 year-old man.

A 3-ounce serving of cooked lean meat from beef, pork, lamb, veal, chicken, turkey, or fish provides about 20 grams of protein or more. However, well over a serving of some meats and alternates is required: 10 slices of bacon,  $3\frac{1}{2}$  frankfurters, 3 eggs, or  $4\frac{1}{2}$  tablespoons of peanut butter, for example.

The U.S. average price and the part of a pound or other market unit required to provide a 3-ounce serving of cooked lean meat (table 1) or 20 grams of protein (table 2) are shown for each meat and meat alternate for which costs were compared. To figure a comparable cost using a different price, multiply the price by the part of a pound or market unit shown.

Table 1 -- Cost of 3 ounces of cooked lean from specified meat, poultry, and fish at January 1977 prices.

FOOD	RETAIL PRICE PER POUND <u>1/</u>	PART OF POUND FOR 3 OUNCES OF COOKED LEAN	COST OF 3 OUNCES OF COOKED LEAN
Beef liver.....	\$ .72	.27	\$ .22
Hamburger.....	.86	.26	.23
Turkey, ready to cook.....	.70	.40	.30
Chicken, whole, ready to cook....	.55	.48	.31
Ocean perch, fillet, frozen.....	1.61	.29	.36
Chicken breast.....	1.07	.35	.40
Haddock, fillet, frozen.....	1.72	.29	.44
Chuck roast of beef, bone in.....	.93	.45	.47
Pork, picnic.....	.84	.46	.48
Ham, whole.....	1.35	.35	.52
Ham, canned.....	2.13	.25	.58
Rump roast of beef, boned.....	1.75	.34	.65
Round beefsteak.....	1.75	.34	.67
Pork loin roast.....	1.27	.50	.75
Veal cutlets.....	3.08	.25	.80
Pork chops, center cut.....	1.72	.45	.85
Rib roast of beef.....	1.80	.45	.87
Sirloin beefsteak.....	1.90	.43	.89
Lamb chops, loin.....	2.89	.46	1.31
Porterhouse beefsteak.....	2.36	.52	1.31

1/ Average retail prices in U.S cities, Bureau of Labor Statistics, U.S. Department of Labor.

Table 2 -- Cost of 20 grams of protein from specified meats  
and meat alternates at January 1977 prices

FOOD	MARKET UNIT	PRICE PER MARKET UNIT 1/	PART OF MARKET UNIT TO GIVE 20 GRAMS OF PROTEIN 2/	COST OF 20 GRAMS OF PROTEIN
Dry beans.....lb		\$ .42	.24	\$ .14
Peanut butter.....12 oz		.72	.23	.16
Bread, white enriched.....lb		.35	.51	.18 3/
Beef liver.....lb		.72	.24	.20
Hamburger.....lb		.86	.24	.22
Eggs, large.....doz		.97	.25	.23
Chicken, whole, ready-to-cook...lb		.55	.37	.24
Milk, whole fluid.....half gal		.83	.29	.24 4/
Turkey, ready-to-cook.....lb		.70	.35	.26
Tuna, canned.....6.5 oz		.67	.44	.28
Bean soup, canned.....11.5 oz		.31	.96	.28
Chicken breast.....lb		1.07	.25	.29
American process cheese.....8 oz		.88	.38	.33
Pork, picnic.....lb		.84	.32	.34
Chuck roast of beef, bone in...lb		.93	.35	.36
Ham, whole.....lb		1.35	.29	.43
Round beefsteak.....lb		1.75	.22	.43
Ocean perch, fillet, frozen....lb		1.61	.36	.45
Frankfurters.....lb		1.13	.36	.45
Liverwurst.....8 oz		.74	.60	.47
Salami.....8 oz		.92	.50	.47
Rump roasr of beef, boned.....lb		1.75	.26	.49
Sardines, canned.....4 oz		.54	.94	.49
Pork loin roast.....lb		1.27	.33	.50
Haddock, fillet, frozen.....lb		1.72	.35	.54
Ham, canned.....lb		2.13	.24	.56
Sirloin beef steak.....lb		1.90	.28	.58
Bologna.....8 oz		.77	.73	.60
Rib roast of beef.....lb		1.80	.33	.64
Pork chops, center cut.....lb		1.72	.35	.66
Veal cutlets.....lb		3.08	.21	.68
Pork sausage.....lb		1.32	.52	.81
Porterhouse beef steak.....lb		2.36	.34	.85
Lamb chops, loin.....lb		2.89	.31	.88
Bacon, sliced.....lb		1.44	.52	.93

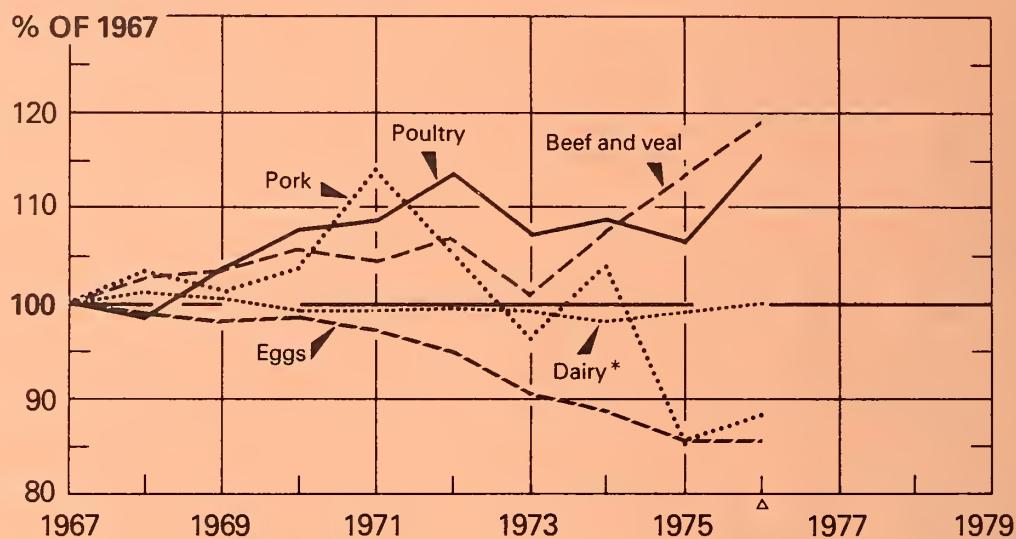
1/ Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.

2/ One-third of the daily amount recommended for a 20-year-old man. Assumes that all meat, including cooked fat, is eaten.

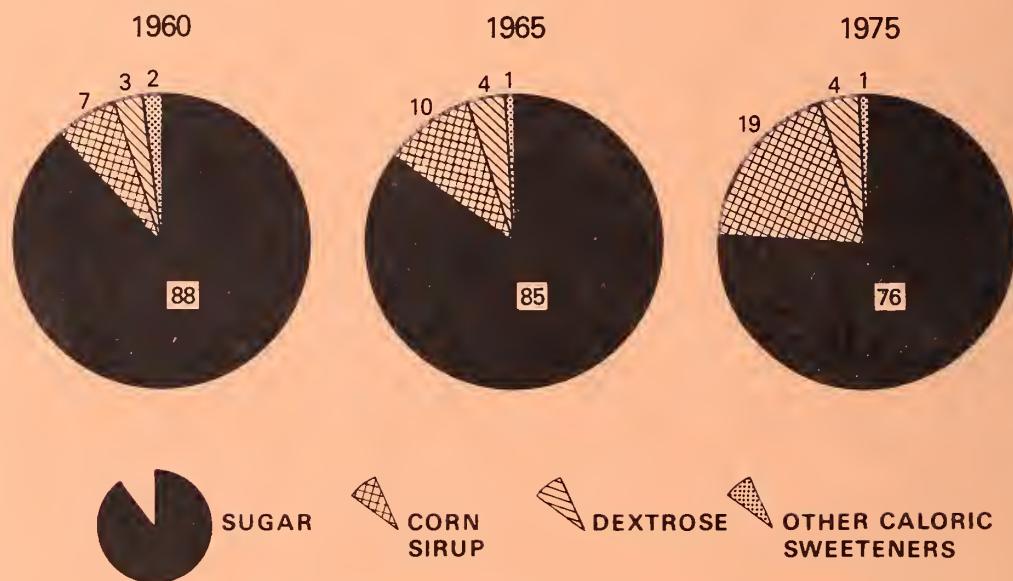
3/ Bread and other grain products, such as pasta and rice, are frequently used with a small amount of meat, poultry, fish, or cheese as main dishes in economy meals. In this way the high quality protein in meat and cheese enhances the lower quality of protein in cereal products.

4/ Although milk is not used to replace meat in meals, it is an economical source of good quality protein.

## AGRICULTURAL CHARTS

PER CAPITA CONSUMPTION OF  
SELECTED LIVESTOCK PRODUCTS

ITEMS COMBINED IN TERMS OF 1957-59 RETAIL PRICES. \*INCLUDES BUTTER. △PRELIMINARY.

CONSUMPTION OF CALORIC  
SWEETENERS, BY TYPE\*

Prepared by the Economic Research Service of the U.S. Department of Agriculture. Slides/prints of these charts are available to the PRESS for reproduction if requested to the Editor of Food and Home Notes.

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